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Acne is one of the burdens in itself and having to deal with its after effects can be very disheartening. On one hand, where some of us are irritated because of acne issues, stretch marks make others feel irritated. For women, they are the results of pregnancy, and for men that indulge in body building in order to bulk up their muscles, stretch marks are often the consequences of regular usage of anabolic steroids because the skin mislays its elasticity because of abrupt increase on muscle size, the skin cannot keep up its usual springiness and a reverberation effect occurs inside the skin.

While searching for the most effective ways of scar and stretch mark removal, it is significant to look for an effectual skin treatment that can be applied swiftly without having to worry about its after effects.

Mentioned below are some of the best stretch mark and scar treatment:

1. **Silicone scar sheeting:** This is the finest way to non-surgically reduce the appearance of the stretch marks and scars resulting from burns, surgery, piercings, burns, cystic acne, tattoo removal and even cuts. It is said to be the most-effective, convenient and reusable way to get a clear skin.
2. **Use of cocoa butter:** This is the natural way for stretch mark removal. Cocoa butter is highly lubricating and may infiltrate into the deeper layers of the skin to treat the stubborn scars and blemishes. It must be applied at least three times a day on the area and should be massaged thoroughly.
3. **Aloe Vera:** This is another effective remedy that is known to efficiently lubricate the skin and help it to heal quickly. It is popular as an anti-inflammatory, sterile and topical analgesic that aids in skin repair along with skin defense.
4. **Vitamin E:** Use of vitamin E is another natural way of removing stretch marks and for scar treatment. Applying liquid vitamin E on scars improves elasticity and helps it to renew faster. Applying it will also allow the skin to heal itself and reduce scars more quickly.
5. **Anti-Stretch Mark Creams:** Applying anti- stretch marks and scar cream, gels, lotions etc. to remove stretch marks from the body is another effective way to reduce scars and stretch marks. Some of these creams even contain holistic ingredients, which help the skin to keep its softness.

Make sure to consult your dermatologist before opting for any of the above mentioned treatments.

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